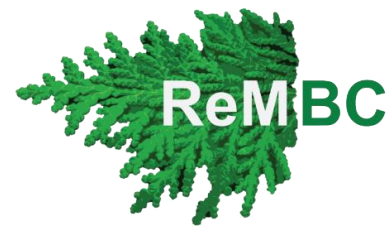


# Rural eMentoring BC



## ReMBC Monthly Newsletter- September 2024

Welcome to ReMBC's monthly round of updates, where we bring you up to date on what's going on in the program, share useful events and opportunities, and provide some ongoing training for mentors.

### Program Updates

- **There are lots of ways to send messages...** did you know that you can send video and voice messages in addition to writing messages?
  - *If you are on the MentorCity app*, click on the attachment icon (it looks like a paper clip, next to the send button) and choose “take a photo or video”.
  - *If you are on a computer*, you can take a video or voice message on your phone and email it to yourself. Then, save the file to your computer and attach the file to your message. Here are some tutorials on how to do this:
    - Tutorials for [Windows](#), [Windows Video Tutorial](#)
    - Tutorials for [Mac](#), [Mac Video Tutorial](#)

### Events, Opportunities and Supports

- [Youth Breakthrough and Employment Training – YMCA](#): a free 5-week online program that supports youth experiencing mental-health barriers to achieve their employment goals.
- **Funding and Award opportunities**
  - **Get funding to attend space conferences and events:** [Learn more](#)
  - **Contests for Canadian Writers:** [Learn more](#)
  - **Youth of Canada Contests:** Find contests from a variety of fields (math, photography, music, computing, and many more) geared towards youth ages 14-22. [Learn more](#)
  - **Get paid to participate in research studies:** earn cash or gift cards to take surveys or be a test subject. [Studies list \(continually updated\)](#).
- **Rural Rounds:** Get a glimpse of what it's like to be a rural doctor. Students can drop into Rural Rounds sessions, which provide rural healthcare providers with up-to-date and relevant medical education through interactive Zoom presentations. [Dates/times, topics, and registration.](#)
- [Volunteer at UBC's Beaty Biodiversity Museum](#): Museum volunteers engage visitors in the wonder of biodiversity through discussions and activities, and answer questions about the museum, its collections, and its research. Anyone ages 16+ can apply by September 30<sup>th</sup>.
- **Supports**
  - [DayforceCares](#): supporting individuals and families who need help meeting their basic needs.
  - [Free Legal Support](#): list of places and services that provide free legal support.

## Indigenous Opportunities

Each month we showcase learning opportunities for Indigenous and non-Indigenous mentors and mentees, and events and supports for Indigenous high school and college/university students.

- **Indigenous Mentors and Mentees:** Get involved with ReMBC's Indigenous initiatives: We invite Indigenous mentors and mentees to help us develop our Indigenous initiatives. You will be compensated for your time and for any other expenses that will help you with this work. If you are interested in joining us, please reach out to our Indigenous Initiatives Manager, Ms. Angela Nash: [angela.nash@ubc.ca](mailto:angela.nash@ubc.ca)
- **National Day for Truth and Reconciliation** – Here's a list of events happening throughout BC to commemorate Orange Shirt Day and National Day for Truth and Reconciliation. [Find events in your community.](#)
- **Orange Shirt Day at UBC – Events from the Indian Residential School History and Dialogue Centre:** This year the centre is focusing on themes of intergenerational connection and resilience: [Event lineup and registration.](#)
- Learn about Two-Eyed Seeing approaches to sustaining our forests in National Forest Week. Follow @CIF-IFC on X or follow #NationalForestWeek
- **[Climate Crawl through Arts, Culture & Action](#):** Hear from Indigenous and non-Indigenous climate activists about reconciliation, relationship to land and the climate crisis.
- **[Aspiring Artist Award](#):** \$500 to Indigenous youth ages 15-20 to support their self-directed work in the visual arts.
- **Resource Spotlight:** Each month we feature a resource for Indigenous students. Up this month:
  - **Meet Angela Nash**, ReMBC's Indigenous Initiatives Manager! Angela can help Indigenous mentors and mentees connect to resources and support, both within their mentoring relationships and beyond, and helps us bring more Indigenous content and values into our offerings. Read her bio below and reach out to her (she's super nice, we love her!).



- Angela (she/her/[Wəlastəkwewiyik](#)) is Indigenous from the Wabanaki territory in New Brunswick. She joined the ReMBC team back in 2019, with the goal of supporting and fighting for Indigenous students. Her dog Diego thinks he is the ReMBC mascot, as he shows up at each and every zoom or teams call (that's him pictured)! When not working at ReMBC Angela can be found trying to play in smash tournaments with her kids, admittedly she is bad at it...lol!
- Contact her at: [angela.nash@ubc.ca](mailto:angela.nash@ubc.ca)

## Training opportunities for mentors

Each month we'll feature resources on a different mentoring theme to help mentors perfect their practice and better support their mentees.

- This month's feature - getting off on the right foot. Below are some resources for making a good first impression on your mentee:
  - [Mentor Quick Tips for Introductions](#)
  - [ReMBC's Mentor Guide to Meeting your mentee](#) (Login to MentorCity to view)

# Rural eMentoring BC



- [Diversify your mentorship mindset](#): October 16<sup>th</sup>, 12-1pm PT online
- Find our full list of mentoring resources in your [Mentor Training and Resources Portal](#) on MentorCity (login to view).
- Have an area you need support in? Let us know and we will feature it in an upcoming newsletter (or at least we will help you out individually): [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)
- **Peer-support opportunities for mentors:**
  - Email us to join our Mentor Mingle group - connect with fellow mentors and exchange experiences and advice: [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)
  - Seek and offer guidance to your fellow mentors on our Mentor Advice Forum [Google doc](#)

Thanks for reading the newsletter. For any questions or concerns, please reach out to us at [e.mentoring@ubc.ca](mailto:e.mentoring@ubc.ca)

Happy mentoring everyone!

The eMentoring Staff